

## Food Package Reference Sheet

Please refer to WIC Authorized Food List Shopping Guide July 5, 2011.

### MILK

#### CAN BUY

Any brand, one (1) gallon size, pasteurized or ultra-pasteurized, plain fluid cow's milk:  
**Lower fat milks**-Nonfat (fat free, skim), 1% Lowfat (light), 2% Reduced fat

The following are allowed if printed on the check:

- **Whole milk**
- **Lactose free cow's milk**
- Half gallons and quarts



At the store, can choose the following instead of fluid milk. Fat level as printed on check:

- Evaporated milk available with the lower fat or whole milk check  
Can buy 5 (12 oz.) cans if the 1 gallon of milk is printed on the check  
Can buy 8 (12 oz.) cans if the 1 ½ gallon of milk is printed on the check
- Powdered dry milk available only with lower fat milk check  
Can buy 2 (9.6 oz.) boxes or pouches if the 1 ½ gallon of milk is printed on the check  
Can buy 1 (25.6 oz.) box or pouch if the 2 gallon of milk is printed on the check

#### CANNOT BUY

Any other type, flavor, or size of milk, raw (unpasteurized) milk, non-dairy substitutes, sweetened condensed milk or filled milk, buttermilk, acidophilus, goat's milk, organic milk, calcium-fortified milk, glass bottles, pint size, Ultra Heat Treated (UHT) shelf-stable milk, or soy milk

### CHEESE

#### CAN BUY

Any brand, 1 pound (16 oz.) package; made in the USA. Regular, low sodium, low fat, reduced fat or nonfat.

Block or round:

- Cheddar cheese (orange or white, mild, medium, sharp, longhorn)
- Jack cheese
- Mozzarella cheese
- Colby cheese
- Marbled or blends of authorized cheeses, such as Colby-Jack or Cheddarella
- Mozzarella string cheese (individually wrapped sticks in a 16 oz. package)



16 oz.

#### CANNOT BUY

Any other variety, size, or texture of cheese, diced, grated, sliced, crumbled, or shredded cheese; cheese purchased from or sliced at the deli, cheese with added ingredients, such as hot peppers or spices, organic cheese

### EGGS

#### CAN BUY

Any brand, dozen size carton:

- White chicken eggs
- Large only



#### CANNOT BUY

Any other size, type, or color of egg; powdered or liquid eggs; specialty eggs such as cage free, stress free, organic, vitamin-enriched, pastured, low cholesterol eggs, or Eggland's Best

### SOY

#### CAN BUY

- Pacific Ultra Soy, plain, shelf-stable, quart size
- 8<sup>th</sup> Continent Soymilk Original, refrigerated, half-gallon size



#### CANNOT BUY

Any other brand, type, size, or flavor of soy; 8<sup>th</sup> Continent light or fat free soymilk

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### TOFU

#### CAN BUY

Brand and texture in 14 oz. – 16 oz. package, plain, listed below:

- **Azumaya**- Firm, Extra Firm, Lite Extra Firm, or Silken
- **Frieda's**- Soft, Firm
- **House**- Premium Soft Silken, Premium Medium Firm (Regular), Premium Firm, Premium Extra Firm, Organic (Soft, Medium Firm, or Firm)
- **Nasoya**- Lite (Firm or Silken), Organic (Soft, Firm, or Silken)
- **O Organics**- Organic Firm
- **Soy Boy**- Organic (Firm or Extra Firm)
- **Tofu Shop**- Organic Calcium (Regular or Soft)
- **Vitasoy SanSui**- Regular or Firm
- **Wild Wood**- Organic SproutTofu (Silken, Lite, Medium, Firm, Extra Firm and Extra Firm 2 Pack)
- **Wo Chong**- Organic (Firm or Soft), Silken, Soft, Firm or Extra Firm



14 oz. – 16 oz.

#### CANNOT BUY

Any other brand, size, or texture of tofu; tofu with added fats, sugars, oils, sodium, flavoring, or seasoning; cubed, dried, baked, or fried tofu; tofu in bulk, not pre-packaged

### WHOLE GRAINS

#### CAN BUY

Any brand, 16 oz. package

#### **Whole Wheat Bread**

- Loaves, buns, and rolls that have "100% Whole Wheat" on the **front label**
- In store bakery is allowed, if labeled appropriately



16 oz.

#### **Tortillas**

- Soft corn tortillas, white or yellow
- Whole Wheat tortillas that have "Whole Wheat" or "100% Whole Wheat" on the **front label**
- In store bakery is allowed, if labeled appropriately

Any brand, 16 oz. package or bulk, plain:

- **Brown Rice**- Short, medium, long grain, regular, quick, instant, Basmati Brown & Jasmine Brown
- **Bulgur**- Organic is allowed
- **Oatmeal or Oats**- Old fashioned, rolled, cut, or steel cut, instant, quick, Crystal Wedding
- **Whole Grain Barley**- Organic is allowed

#### CANNOT BUY

Any other type, size, or variety of whole grains; breads or tortillas not labeled as listed above; whole grains with added ingredients such as fruit, nuts, or spices; light or lite bread; refrigerated or frozen bread, dough, mixes, tortillas, or rice; ready-to-serve rice; brown rice mixed with any other type of rice; individual or flavored oatmeal packets; pearled barley; organic bread, tortillas, oatmeal, or brown rice; frozen oats. Cannot mix and match bulk brown rice, oatmeal, oats, whole grain barley, and bulgur

### PEANUT BUTTER

#### CAN BUY

Any brand in 16 oz. – 18 oz. container, plain, regular, low sodium, or low sugar:

- Any texture, such as creamy, crunchy, or super chunky
- Old fashioned or natural is allowed



16 oz. – 18 oz.

#### CANNOT BUY

Any other size, type, or flavor of peanut butter; honey nut roasted peanut butter, "Grind your own" peanut butter; peanut butter spread, low fat or reduced fat peanut butter; peanut butter with added jams, jellies, chocolate, or honey; peanut butter with added supplements, such as omega-3 fatty acids, organic peanut butter

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### BREAKFAST CEREAL

#### CAN BUY

12 oz. – 36 oz. box or bag of cold and hot cereal listed below:

- **Cream of Wheat:**  
Whole Grain
- **Crisp(y) Rice:**  
Store brands only. Please refer to July 5, 2011 WIC Authorized Food List Shopping Guide (WAFL).
- **General Mills:**  
Cheerios, Multi-Grain Cheerios, Kix, Honey Kix, Total Whole Grain
- **Kellogg's:**  
Corn Flakes, Frosted Mini-Wheats (Little Bites & Bite Size), Special K
- **Malt-o-Meal:**  
Honey and Oat Blenders, Malt-O-Meal, Hot Wheat Cereal, Original
- **Mill Select:**  
Puffed Wheat with Honey, Toasted Corn Flakes, Oat Bran Flakes, Crispy Rice
- **Post:**  
Honey Bunches of Oats-Honey Roasted, Grape Nuts, Bran Flakes
- **Quaker:**  
Life, Crunchy Corn Bran, Oatmeal Squares-Hint of Brown Sugar  
Oatmeal Squares- Cinnamon



#### **Instant Oatmeal or Instant Oats**

Brand 11.8 oz. or 12 oz. individual serving packet, old fashioned, classic, regular or original flavor. Store brands only. Please refer to July 5, 2011 WAFL

#### CANNOT BUY

Any other brand, type, size, or flavor of cold or hot breakfast cereal, individual serving packets, except for store brand Instant Oatmeal; grits, hot breakfast cereal with added fruit, nuts, or sugar

**Helpful Hints:** To buy the full 36 oz. of cereal:

$$12 \text{ oz.} + 12 \text{ oz.} + 12 \text{ oz.} = 36 \text{ oz.}$$

$$18 \text{ oz.} + 18 \text{ oz.} = 36 \text{ oz.}$$

$$24 \text{ oz.} + 12 \text{ oz.} = 36 \text{ oz.}$$

$$21 \text{ oz.} + 15 \text{ oz.} = 36 \text{ oz.}$$

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### DRY BEANS, PEAS or LENTILS

#### CAN BUY

Any brand or variety, 16 oz. package or bulk, organic allowed  
Varieties such as:

Black	Navy
Black-eyed peas	Garbanzo (Chickpeas)
Great Northern	Pink
Kidney	Pinto
Lima	Red beans



#### CANNOT BUY

Canned or frozen beans, peas, or lentils; Bean soup mixes with flavoring packets or spices

### CANNED MATURE BEANS

#### CAN BUY

Any brand, type, or variety, 15 oz. – 16 oz. can, if printed on the check.  
Plain, regular, or low sodium. Varieties such as:

Black	Navy
Black-eyed peas	Garbanzo (Chickpeas)
Great Northern	Pink
Kidney	Pinto
Lima	Red beans

#### CANNOT BUY

Dry or frozen beans, peas, or lentils; Canned green peas, green beans, or wax beans; Canned baked, refried, Cajun, Bar-B-Que, or Ranch style beans; Canned organic beans

### CANNED FISH

#### CAN BUY

Any brand, regular or low sodium:

#### **Chunk, Light Tuna**

- 5 oz. or 6 oz. cans
- Packed in water
- Plain

#### **Pink Salmon**

- 5 oz., 6 oz., or 14.75 oz. can
- Packed in water
- Plain

#### **Sardines**

- 15 oz. can
- Packed in water, mustard, or tomato sauce



14.75 oz.

#### CANNOT BUY

- Any other flavor, variety, size, or type of fish
- Solid white or Albacore tuna
- Prime fillet fish
- Specialty Salmon, such as Smoked, Wild Sockeye, Blue Back Salmon, or Red Salmon
- Fish packed in oil
- Sardines packed in any other sauce, such as chili or hot sauce
- Tuna or Salmon kits
- Fish packed in pouches or plastic containers

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### INFANT FRUITS and VEGETABLES

#### CAN BUY

Any brand 3.5 oz. or 4 oz. single or multi-pack containers:

- Plain fruits, plain vegetables, or combinations of two or more plain fruits and vegetables
- Organic is allowed

#### CANNOT BUY

- Any other size of infant fruits and vegetables
- Infant desserts
- Infant juice
- Infant dinners
- Infant fruits and vegetables mixed with cereal, meat, pasta, or rice
- Infant fruits and vegetables with added sugar, salt, spices, starch, fiber, or DHA
- Graduates or toddler infant food
- Cannot mix and match 3.5 oz. with 4 oz. containers



### FRESH BANANAS

#### CAN BUY

**Fresh Yellow Bananas:**

- 2 or 4 bananas as printed on the check
- Organic is allowed



#### CANNOT BUY

Any other type of banana, such as plantains, red, mini or fingerling

### INFANT MEATS

#### CAN BUY

Any brand, 2.5 oz. single or multi-pack containers, if printed on the check:

- Added broth or gravy is allowed
- Organic is allowed

#### CANNOT BUY

- Any other size infant meats
- Infant meats mixed with vegetables, fruits, cereal, pasta, or rice
- Infant meats with added sugar, salt, spices, fiber, or DHA
- Infant dinners
- Graduates or toddler infant food



2.5 oz.

### INFANT FORMULA

#### CAN BUY

Must buy the brand, type, size, and number of cans printed on the check.

#### CANNOT BUY

- Any other brand, type, or size of infant formula not printed on check
- Low iron or no iron formula

### INFANT CEREAL

#### CAN BUY

Brand and type in 8 oz. or 16 oz. containers, as listed:

- Beech Nut, Earth's Best Organic, Gerber, O For Baby Organics
- Refer to July 5, 2011 WAFL Shopping Guide for type

#### CANNOT BUY

Infant cereal with added ingredients, such as formula, milk, fruit, sugar, sweeteners



8 oz.



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### BOTTLED JUICE and CONCENTRATE JUICE

#### CAN BUY

Any brand, authorized flavors. Pasteurized juice that has 100% Juice” and “120% of Vitamin C” (or more) on the **front label**. Added calcium and Vitamin D is allowed:

- 64 oz. bottled (ready to drink) containers or
- 11.5 oz., 12 oz., or 16 oz. concentrate (frozen or non-frozen) containers
- Apple
- Cranberry
- Grape (Red, Purple, or White)
- Grapefruit (Ruby Red , Pink, White\*)
- Orange\*
- Pineapple
- Prune
- Tomato (Regular, low sodium, or spicy)
- Vegetables- regular, low sodium or spicy
- Juice Blends (Juice that is named as two or more authorized flavors on the front label, such as Cranberry-Grape, Apple-Grape, or Cran-Apple



11.5 oz.



64 oz.

\*Orange juice and White Grapefruit juice are not required to have “120% Vitamin C” on the front label

#### CANNOT BUY

Any other favor, type or size of juice; Juice not labeled as listed above; Refrigerated juice; Diet, light, or lite juice; Organic juice; Juice with added supplements, such as caffeine, carnitine, chromium, DHA, Echinacea, ginkgo biloba, ginseng, guarana, St. John’s Wort, taurine, wheatgrass, organic juice

### CANNED FRUITS and VEGETABLES

#### CAN BUY

##### **Canned Fruits**

Any brand, size and type of container:

- Any variety of canned fruits, packed in water or juice without added sugar
- Natural or unsweetened applesauce is allowed
- Organic is allowed



#### CANNOT BUY

Fruits packed in syrup, such as heavy, light, or extra light; fruit cocktail, cranberry sauce, or pie filling, fruits with added sugar, salt, fats, oils, or artificial sweeteners, such as Splenda or NutraSweet

#### CAN BUY

##### **Canned Vegetables**

Any brand, size and type of container. Regular or low sodium:

- Any variety of canned vegetables
- Sweet potatoes or yams, without added sugar, or syrup are allowed
- Tomatoes or tomato products are allowed, such as plain, whole, crushed, diced, paste, or purees
- Organic is allowed



#### CANNOT BUY

- Canned mature beans, such as black eyed peas, kidney beans, or pinto beans
- Any potatoes other than sweet potatoes or yams
- Vegetables with added fats or oils
- Vegetable mixtures with potatoes
- Pickled, creamed, or sauced vegetables
- Tomato products with added sugars, fats, or oils
- Soups, ketchup, relishes, olives, salsa, stewed tomatoes or tomato sauce (tomato, pizza, spaghetti)

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### FROZEN FRUITS and VEGETABLES

#### CAN BUY

##### **Frozen Fruits**

Any brand, size, and type of container:

- Any variety of frozen fruit without added sugar
- Organic is allowed



#### CANNOT BUY

Fruits with added sugar, added ingredients, or artificial sweeteners, such as Splenda or NutraSweet

#### CAN BUY

##### **Frozen Vegetables**

Any brand, size, and type of container, regular or low sodium:

- Any variety of frozen vegetables
- Sweet potatoes or yams without added sugar or syrup are allowed
- Frozen beans of any kind are allowed, such as green beans, wax beans, black-eyed peas, black beans, or pinto beans
- Organic is allowed



#### CANNOT BUY

- Any potatoes other than sweet potatoes or yams
- Breaded or flavored vegetables, french fries, tater tots, hash browns, or mashed potatoes
- Vegetables with sauce, such as cheese, butter, or teriyaki sauce, added sugar, oil, fat, pasta, rice, or any other ingredient

### FRESH FRUITS and VEGETABLES

#### CAN BUY

##### **Fresh Fruits and Vegetables**

Any brand, type, or combination of:

- Any variety of whole or cut fruits and vegetables
- Sweet potatoes and yams are the only potatoes allowed
- Bagged fruits and vegetables
- Bagged salad mixtures
- Organic is allowed
- Garlic, onion, ginger, jalapenos, peppers, chilies



#### CANNOT BUY

- Any potatoes other than sweet potatoes or yams
- Any food or product from the salad bar or deli, party trays, fruit baskets, decorative vegetables and fruits, such as chilies or garlic on a string or painted pumpkins
- Nuts or fruit-nut mixtures
- Edible blossoms, such as squash blossoms
- Bagged salad, vegetable or fruit kits with added ingredients, such as dressing, croutons, cheese, dips, or sauces; Dried vegetables; Herbs and spices, such as parsley, basil, cilantro, and mint

### DRIED FRUITS

#### CAN BUY

##### **Dried Fruits**

Any brand, size, and type of container or bulk, if printed on the check:

- Any variety of dried fruits without added fats, sugars, or oils, such as raisins, prunes and/or dried plums, figs, dates, and apricots;
- Freeze dried is allowed
- Pitted or with pits are allowed
- Organic is allowed



#### CANNOT BUY

- Dried fruits with added fats, sugars, or oils, artificial or natural flavors, including essences; Dried or freeze-dried vegetables; Trail mix